



**Our evidence-based process improvements help you increase savings and improve care**

## PARFQ: The \$20M Difference

When the Bureau of Medicine and Surgery asked us to evaluate the effectiveness of the Navy's Physical Activity Risk Factor Questionnaire (PARFQ), we had no idea what we would find. However, as the credible, relevant, and respected leader in health analytics, we seized the opportunity to explore the issue.

The questionnaire contained 13 questions. Answering yes to any of them, including one about being older than age 50, required a doctor visit. This triggered 220,000 potentially unnecessary medical visits and cost roughly \$32 million per year; the cost included direct medical expenses, lost duty time, and referrals to more expensive civilian care.

We recommended replacing the existing PARFQ with an evidence-based tool that measures and prioritizes risk factors (e.g., we eliminated the age limit because it alone doesn't increase risk). The revised questionnaire will result in \$20 million annual cost avoidance for the Navy, while incurring no additional risk. It will also reduce process variation, decrease time away from the worksite, and support operational readiness via fewer false-positive evaluations. The Navy Surgeon General endorsed the recommended changes. Leadership are now determining how best to implement the changes.

To learn more about how we can help you improve processes, visit: [www.med.navy.mil/sites/nmcphc/health-analysis](http://www.med.navy.mil/sites/nmcphc/health-analysis)

